

Parkwood Institute Research



The PIR Newsletter

A message from the Interim Chairs . . .

Greetings,

Spring is a season of new growth, and signs of new beginnings and exciting changes are all around us!

The PIR half-day event, "Spring Update" will be held Friday, April 21st, from 8:00 am till 12:30 pm, in the Auditorium of the Mental Health Care Building. Last year's event emphasized an introductory theme showcasing "who we are" and what we do". This year's event will highlight "what we are up to now", while continuing to emphasize and familiarize groups with the PIR's core research themes: a) Cognitive Vitality & Brain Health, b) Mental Health Care, and c) Mobility & Activity. New this year is the addition of poster presentations providing further opportunity for trainees to promote and share their work via either an oral and/or poster presentation. The PIR "Spring Update" flyer, at the end of this issue, will provide details as to how you can register for the PIR Half-Day Event.

At Parkwood Institute Research, the Ivey Chair recruitment process, which began in September 2016, continues. We would like to thank all the candidates who applied for the position and presented their visions for PIR's future development and growth.

Dr. Dick O'Reilly has stepped down as the Mental Health theme leader and one of the three PIR Interim Chairs. We thank him for his leadership and contributions. We welcome Dr. Arlene MacDougall who will continue as the Mental Health theme lead and PIR Interim Chair.

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Dr. Tim Doherty



Dr. Michael Borrie



Dr. Arlene MacDougall

COMMUNICATION UPDATES. . .

New PIR Co-Chair ~

Parkwood Institute Research would like to extend a warm welcome to Dr. Arlene MacDougall; Arlene joined PIR on February 1st, 2017 as the new Director of Research and Innovation for St. Joseph's Mental Health Care. In this capacity Arlene also represents Mental Health Care as a PIR Interim Co-Chair together with Dr. Tim Doherty and Dr. Michael Borrie.



Dr. MacDougall will oversee and facilitate all Mental Health Care research at both Parkwood Institute and Southwest Centre for Forensic Mental Health Care, working to develop strong local and global partnerships, engage patients and their caregivers in research activities, and foster trans-disciplinary approaches to research. Her goal is to build on existing research strengths in Mood Disorders, Suicide and Smart Technology. She also will look to develop research links between Mental Health and Parkwood Institute's other major research programs, Cognitive Vitality and Brain Health, and Mobility and Activity.

"I come to this new role with a great deal of optimism, energy and enthusiasm. Parkwood Institute Research has a number of established strengths in the mental health care field as well as potential for new streams of research and innovation," says Dr. MacDougall. "I look forward to working with researchers, staff, and patients and their supporters, as well as academic and community partners, to make Parkwood Institute a leading centre in Canada for mental health research."

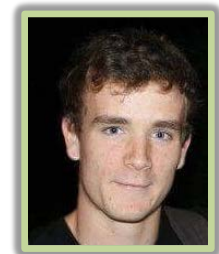
"Welcome" New Research Personnel ~

We would like to extend a special welcome to our new research personnel, who have joined the Parkwood Institute Research (PIR) program over these past few months:

- ❖ **Sahana Kukan** – Sahana joined Dr. Arlene MacDougall's team, as a Research Assistant, in January 2017. She completed her undergraduate degree at the University of Waterloo in Psychology (BSc) with a minor in Biology. Currently, she is pursuing a Master of Science in Epidemiology and Biostatistics at Western University. Sahana is currently assisting with Dr. MacDougall's pilot study on participatory video as a novel treatment for early psychosis. Her research interests include early psychosis, population health and psychotic disorders.
- ❖ **Shaylana Nejm** – Shaylana is a student currently enrolled in the Post-Graduate Diploma program in Clinical Trials Management at Western University. Prior to enrolling in this program, Shaylana completed her Bachelor's degree at Western University in Health Sciences (2016). During her undergraduate degree, she tailored her courses to learning about the process of aging and its relation to health. She is currently completing her practicum component of the Clinical Trials program at Parkwood in the Gait & Brain Lab. Shaylana will be assisting with data input, participant recruitment, and file preparation over the course of her program practicum.



- ❖ **Elizabeth Price** - Elizabeth began working as a Research Assistant for Dr. Arlene MacDougall in September 2016. Elizabeth completed her Master of Arts degree in Social Psychology from Wilfrid Laurier University, where she received OGS and SSHRC funding to research the interpersonal qualities (i.e. personality) of self-talk. Elizabeth's current work with Dr. MacDougall focuses on Mindfulness Based Interventions (MBIs) for individuals experiencing their first episode of psychosis. A multi-site RCT is planned which will deliver MBIs at five Early Psychosis Intervention clinics across South Western Ontario, with the Prevention and Early Intervention Program for Psychoses (PEPP) at LHSC being the lead site. Elizabeth's research interests include psychotic disorders, particularly the experience of auditory hallucinations in schizophrenia.
- ❖ **Anna Rudkovska** – Anna received her Bachelor of Science degree from the University of Toronto. She is now pursuing a Masters Degree in Health and Rehabilitation Sciences at Western University under the supervision of Dalton Wolfe. Her research focuses on secondary outcomes associated with robotic walking therapies in individuals with spinal cord injury (SCI) and determining the most appropriate patient-reported outcome measures to assess secondary outcomes. Anna aims to gain as much exposure to SCI as possible and in order to achieve that volunteers at the outpatient gym, assisting with upper limb FES therapy.
- ❖ **Carolina Silveira** –Carolina joined the CNS Neurology team as a Research Coordinator working with Dr. Stephen Pasternak. She completed her undergraduate degree in Physical Education and MSc. at University of Sao Paulo State (Brazil), and her PhD in Kinesiology at University of Waterloo. Her interests include the effects of exercise on cognition and mobility of individuals with Parkinson's disease. She is currently coordinating a clinical trial testing the drug Ambroxol as a disease-modifying treatment for Parkinson's disease dementia.
- ❖ **Josh Titus** – Josh has joined the Gait and Brain Team as Research Assistant. Josh is a Kinesiology graduate from Western University and with this academic background; he is assisting with the SYNERGIC Trial intervention sessions held at UWO campus. During his studies, Josh gained an interest in the fields of biomechanics, neuropathology, and geriatrics, with an emphasis on exercise as an intervention. In the future, Josh plans on completing his Master's degree to ultimately pursue a career in research to help older adults with mobility decline.



NOTABLE ACCOMPLISHMENTS...

- **Congratulations to Dr. Cheryl Forchuk** - Cheryl Forchuk, Assistant Director at Lawson Health Research Institute and Distinguished Nursing and Psychiatry Professor at Western University, has been **appointed to the Order of Ontario**, the province's highest honour. The Order of Ontario recognizes individuals whose exceptional achievements in their field have left a lasting legacy in the province, Canada and beyond. As one of the 2016 appointees, Dr. Forchuk was recognized for her work in the fields of homelessness, poverty and mental health.



"I am incredibly honoured to receive this recognition. It is particularly exciting because mental illness and homelessness are issues that haven't always been on the public's radar. I've seen this changing over the last few years, which means there is hope for more progress," says Dr. Forchuk. "My appointment to the Order of Ontario really underscores this shift and shines a light on the possibility that successful interventions can see wide implementation so the most people possible can be helped."

PIR RESEARCH EVENTS...

The Council of Academic Hospitals of Ontario (CAHO) Healthier Wiser Smarter Tour:

"Our membership with CAHO represents one of the primary ways that Lawson advocates on behalf of the Institute to build sustained support for health research. We share the belief that we need to drive discovery while also being strategic in our health research investments, and translate discoveries into practice to create value both for our patients and for our economy.

I know that a lot of work was involved in coordinating the tours, in particular with the tight timelines that were given. This was truly a group effort. I sincerely appreciate the time that many people contributed to make this important advocacy/PR initiative a success." Dr. David Hill

A look of what PIR accomplished in 40 minutes, photos and notes compliments of CAHO (Council of Academic Hospitals of Ontario) including the twitter feed...

Lokomat and Exoskeleton Demonstration

~ Dr. Dalton Wolfe



A research patient demonstrates the Lokomat – a robotic system that automatically moves the legs while on the treadmill. /// A research



patient makes his way around the rehabilitation clinic in an exoskeleton. <http://healthierwealthiersmarter.ca/hws-field-trips-london>

In place of wheelchair, device is sending electronic impulses to this patients muscles to help him walk. Goal is to walk w/o sticks. [#onHWS pic.twitter.com/UwYK8WYTAY](https://twitter.com/UwYK8WYTAY)

Collaboration of Rehabilitation Research Evidence (CORRE)

~ Dr. Bob Teasell

“Learning about CORRE. They evaluate the quality of all stroke rehab interventions, and their reviews are available free on the web #onHWS pic.twitter.com/18QQegVRpADr. Robert Teasell discussing neuro-rehab evidence-based reviews (EBRs) which have helped advise all 14 LHINs across the province! #onHWS https://t.co/11X3nKsv72” <http://healthierwealthiersmarter.ca/hws-field-trips-london>



Introduction to CHRIS and Cognitive Clinical Trials

~ Dr. Michael Borrie

“We’re at Parkwood Institute Research, where they study cognitive vitality and brain health, and mobility and rehabilitation #onHWS pic.twitter.com/P3vZNxW1sP” <http://healthierwealthiersmarter.ca/hws-field-trips-london>



Gait and Brain Lab Demonstration

~ Dr. Manuel Montero-Odasso



“Karen Mitchell, Executive Director of CAHO, takes the gait test. She walks down the sensor mat first without distraction, and again while thinking through a complex math problem as researchers measure any changes in her gait”. <http://healthierwealthiersmarter.ca/hws-field-trips-london>

GRANTS & RESEARCH FUNDING...

Principal Investigator: Wolfe D

Co-Investigators: Gilvesy J, Kent R, Marrocco S, Hsieh J, Cornell S, Fielding M, Thibeault L

Study Title: Development and Implementation of a Clinical Decision Support System to Improve Outcomes Associated with Activity-Based Therapies

Agency: Ontario Neurotrauma Foundation/ Rick Hansen Institute

Year: 2016 - 2019

Amount: \$146,840

PRESENTATIONS & INVITED LECTURES. . .

DECEMBER

Doering M

Capacity: Some Practical Tips. Academic Half Day

Parkwood Institute. London, ON

Wells J

Pain and Dementia

Geriatric Interdisciplinary Grand Rounds, Parkwood Institute. London, ON

JANUARY

Wells J

Patients with Dementia in Rehabilitation - A Focus on Pain Management

Western Pain Rounds. St. Joseph Health Care. London, ON

Wells J

Understanding the World of Dementia

22nd Annual Alzheimer Awareness Event VON Alzheimer Community Support Program.
Strathroy, ON

FEBRUARY

Wells J

Lewy Body Dementia, Clinical and Diagnostic Review
Alexandra Hospital, Ingersoll, ON

PUBLICATIONS. . .**Peer-Reviewed Articles:**

Farhan S, Bartha R, Black S, Corbett D, Finger E ... Montero-Odasso et al
The Ontario Neurodegenerative Disease Research Initiative (ONDRI). *Can J Neurol Sci.* 44(2):196-202

Gutmanis I, Marlatt N, Burhan A

Treating chronic tinnitus and secondary depressive symptoms using sequential repetitive transcranial magnetic stimulation (rTMS) followed by home-based transcranial direct current stimulation (tDCS): A case study in a tertiary mental health care setting. *Research. Research Insights, 2016, 13(1), 13-28.*

Helmich E, Cristancho S, Diachun L, Lingard L

How would you call this in english? Being reflective about translations in international, cross-cultural qualitative research. *Perspect Med Educ.* 2017 Feb 20. doi: 10.1007/s40037-017-0329-1

Iruthayarajah J, McIntyre A, Cotoi A, Macaluso S, Teasell R

The use of virtual reality for balance among individuals with chronic stroke: A systematic review and meta-analysis. *Topics in Stroke Rehabilitation 2017; 24(1):68-79.*

Lee L, Hillier L, Molnar F, Borrie M

Primary care collaborative memory clinics: building capacity for optimized dementia care. *Jan. 2016. Healthc Q. Vol: 19-4, pg. 55-62.*

Marlatt N, Gutmanis I, Burhan A

Transcranial magnetic stimulation (TMS): A brief overview. *Research Insights, 2016, 13(1), 2-12.*

Marlatt N, Burhan A, Palaniyappan L

Inflammation and depression: What can we learn from emerging molecular neuroimaging modalities? *Research Insights, 2017, 14(1), 2-14.*

Marlatt N, Burhan A, Palaniyappan L

Hybrid imaging: A proof-of-concept attempt at understanding neuroinflammation in depression. *Research Insights, 2017, 14(1), 15-28.*

Marlatt N, Van Bussel, E, Seitz D, Gutmanis I

Introducing problem-solving therapy training into Southwestern Ontario. *The Journal of Mental Health Training, Education and Practice, 2017, 12(1), 33 – 43.*

McIntyre A, Thompson S, Burhan A, Mehta S, Teasell R

Repetitive transcranial magnetic stimulation for depression due to cerebrovascular disease: A systematic review. *Journal of Stroke and Cerebrovascular Disease 2016; 25(12):2792-2800.*

Mehta S, Rice D, Shapiro A, Chan A, Sequeira K, Teasell R

Impact of abuse on adjustment and chronic pain disability: A structural equation model. *Clinical Journal of Pain 2016 Dec 15 [Epub ahead of print]. PMID: 27984242.*

Mirkowski M, Pereira S, Janzen S, Meyer M, McClure A, Speechley M, Teasell R

Caregiver availability for severe strokes results in improved functional gains during inpatient rehabilitation. *Disability and Rehabilitation published online Dec 22, 2016.*

Montero-Odasso M, Hogan D

Falls & fall-related injuries special interest group: A call to action. *Can Geriatr J.* 19(4): 202-203

Montero-Odasso M, Sakurai R, Muir-Hunter S, Islam A, Doherty T, Duque G, Crilly R
Serum parathyroid hormone but not vitamin D is associated with impaired gait in community-dwelling older adults. *J Am Geriatr Soc. Dec. 2016. Volume 64-12. Pg. 2606-2608. Doi: 10.1111/jgs.14501.*

Nelson M, McKellar K, Yi J, Kelloway L, Munce S, Cott C, Fortin M, Hall R, Teasell R, Lyons L
Stroke rehabilitation evidence and comorbidity: A systematic scoping review of randomized controlled trials. *Topics in Stroke Rehabilitation 2017 (Epub 2017 Feb 20).*

O'Regan N, Maughan K, Liddy N, Fitzgerald J, Adamis D, Molloy D, Meagher D, Timmons S
Five short screening tests in the detection of prevalent delirium: diagnostic accuracy and performance in different neurocognitive subgroups. *Int J Geriatr Psychiatry.* 10.1002/gps.4633

Rice D, McIntyre A, Mirkowski M, Janzen S, Viana R, Britt E, Teasell R
Patient-centered goal setting in a hospital-based outpatient stroke rehabilitation center. *PM&R 2017 (Epub 2017 Jan 08).*

Sakurai R, Ishii K, Yasunaga M, Takeuchi R, Murayama Y, Sakuma N, Sakata M, Oda K, Ishibashi K, Ishiwata K, Fujiwara Y, Montero-Odasso M.
The neural substrate of gait and executive function relationship in elderly women: A PET study. *Geriatr Gerontol Int.* [Epub ahead of print] doi: 10.1111/ggi.12982

Vermeer J, Rice D, McIntyre A, Viana R, Macaluso S, Teasell R
Correlates of depressive symptoms in individuals attending outpatient stroke clinics. *Disability and Rehabilitation 2017: 39(1):43-49.*

Watt J, Crilly R

Location of vertebral fractures is associated with bone mineral density and history of traumatic injury. *Calcif. Tissue Int.* 2017 Feb 17. doi: 10.1007/s00223-017-0244-9

Book Chapters

Montero-Odasso M.

"Cognition, gait disorders and fall risk in healthy neurological older individuals". Chapter 7 in locomotion and posture in older adults. *The role of Aging and Movement disorders. Editors: Barbieri, Fabio & Vitorio, Rodrigo. Published by Springer Nature, 2016.*

MEDIA RELATIONS...

- **Imprint, 2017; Volume 18 (1); page 19. Interview with Principal Investigator of the SYNERGIC Trial, Dr. Montero-Odasso**
Researchers at Lawson Health Research Institute are the first in the world conducting a clinical trial to test a triple intervention aimed at treating Mild Cognitive Impairment (MCI) and delaying the onset of dementia. The Mobility, Exercise, and Cognition team will be incorporating physical exercises, cognitive training and vitamin D supplementation to determine which treatment works best for improving mobility and cognition.
- Ontario Morning Podcast – December 8, 2016 **Interview with National SYNERGIC Trial Research Coordinator, Alanna Black**
- CTV News, London – **Dr. Montero-Odasso speaks to CTV News** in a segment titled "Delaying Dementia" regarding the national SYNERGIC Trial

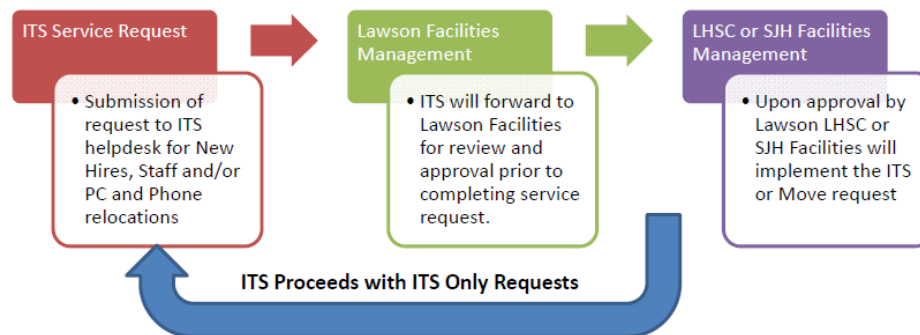
LAWSON ADMINISTRATIVE UPDATES. . .

RESEARCH FACILITIES MANAGEMENT/ STRATEGIC SPACE PLANNING:

ITS Approval Process ~

A Space/Project request may or may not be required at the discretion of Lawson Facilities Management. All requests for net new space or staff moves must be reviewed and approved by Lawson prior to implementation by the Hospitals. For further information please contact Matt Keast, Facilities Coordinator at matt.keast@lhsc.on.ca or facilities@lawsonresearch.com

ITS Approval Process



CALENDAR OF EVENTS. . .

Parkwood Institute Research Half-Day Event: "2017 Spring Update"

April 21, 2017

❖ PIR Mental Health Auditorium. London, ON
Please see attached flyer for further information

Geriatric Medicine Refresher Day

May 3, 2017

❖ London Convention Centre. London, ON
For further information and to register: <https://www.sjhc.london.on.ca/grd>



"In the Spring, I have counted 136 different kinds of weather inside of 24 hours."

Mark Twain

PARKWOOD INSTITUTE RESEARCH

Parkwood Institute Research (PIR)

Half-Day Event

April 21, 2017

8:30 a.m. to 12:30 p.m.

“2017 Spring Update”

**PIR Mental Health Care Building
Main Auditorium F2-235**

**This forum is an ideal opportunity to meet and interact with PIR Program Researchers; to see what’s new and to continue in our efforts to promote excellence in research.
Plan to attend!**



AGENDA

- 7:30 a.m. POSTER PRESENTATION SET-UP**
- 8:30 a.m. WELCOME & OPENING REMARKS:**
Roy Butler, Vice President, Patient Care and Risk Management, St. Joseph’s Health Care, London
- 8:35 a.m. COGNITIVE VITALITY & BRAIN HEALTH:**
Michael Borrie, Cognitive Vitality & Brain Health presentations
- 9:40 a.m. MOBILITY & ACTIVITY:**
Tim Doherty, Mobility & Activity presentations
- 10:45 a.m. POSTER BREAK**
- 11:20 a.m. MENTAL HEALTH CARE:**
Arlene MacDougall, Mental Health Care presentations
- 12:25 p.m. CLOSING REMARKS:**
David Hill, Scientific Director, Lawson, Integrated Vice President, Research for London Health Sciences Centre and St. Joseph’s Health Care, London

Your hosts for this event:

Interim Co-Chairs: Drs. Tim Doherty, Michael Borrie & Arlene MacDougall



Please register for this free event at:

<https://www.eventbrite.com/e/pir-2017-spring-update-tickets-32059029420>

Please note: Registration deadline is Tuesday April 18th

For any questions or concerns please contact: PIR_info@sjhc.london.on.ca